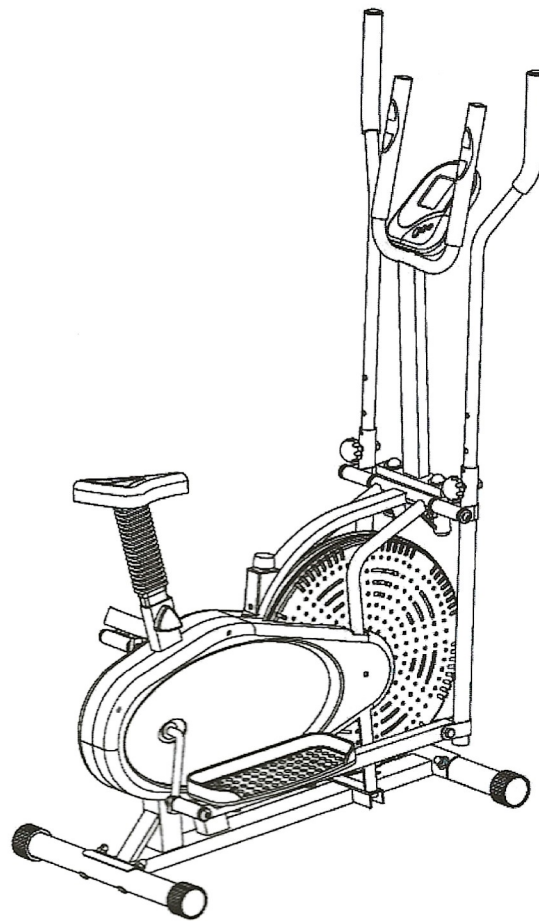




ELLIPTICAL BIKE

OWNER'S MANUAL

CT310B ELLIPTICAL TRAINER



www.xssports.co.uk

The specifications of this product may vary from the photos and are subject to change without notice.

IMPORTANT SAFETY NOTICE

★NOTE THE FOLLOWING PRECAUTION BEFORE ASSEMBLING OR OPERATING THIS ELLIPTICAL BIKE.

01. THE MAXIMUM WEIGHT CAPACITY of this Elliptical bike is 110KG.
02. Keep children and pets away from this machine at all times. DO NOT leave unattended children in the same room with the machine.
03. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms. STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
04. Position this machine on a clear, level surface. DO NOT use near water or outdoors.
05. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
06. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine, use only original spare parts for any necessary repairs.
07. DO NOT place any sharp objects around this machine.
08. This machine is intended for home use only, not suitable for therapeutic purpose.
09. Handicapped or disabled persons should not use this machine without the presence of a qualified health professional or physician.
10. Before exercising, always do stretching first.
11. NEVER operate this machine if it is not functioning properly.
12. Tighten all bolts on a REGULAR basis.

WARNING:

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE USING.

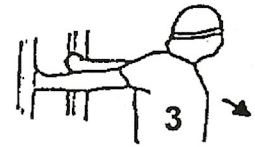
WARMING UP



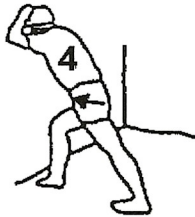
15 seconds for each



20 seconds



20 seconds



25 seconds



20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



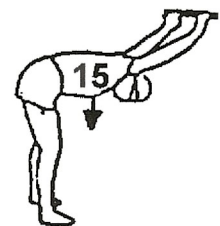
20 seconds



20 seconds for each leg

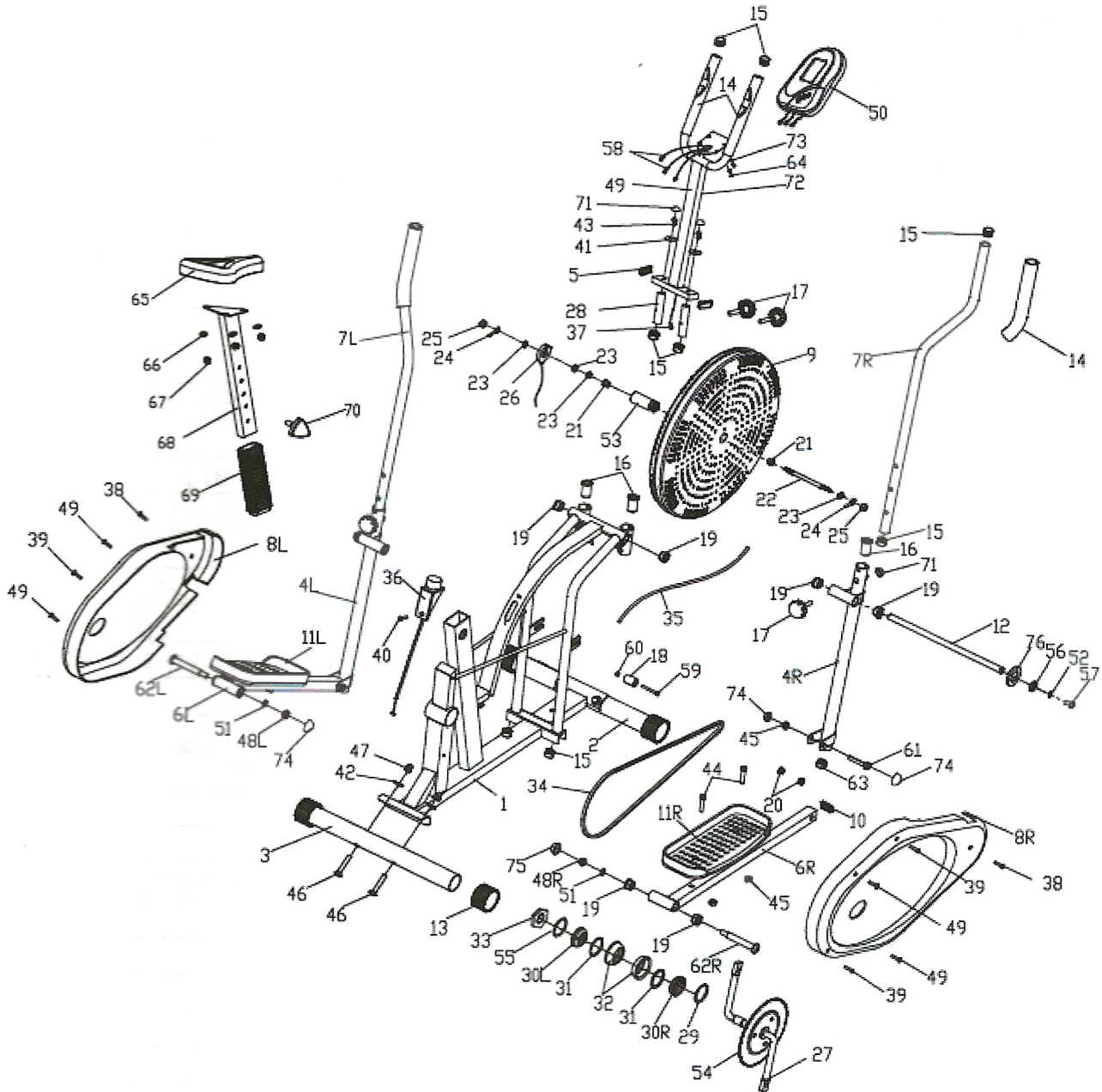


5 times



15 seconds

EXPLODED DIAGRAM



NOTE: Most of the following listed assembly hardware have been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

PARTS LIST

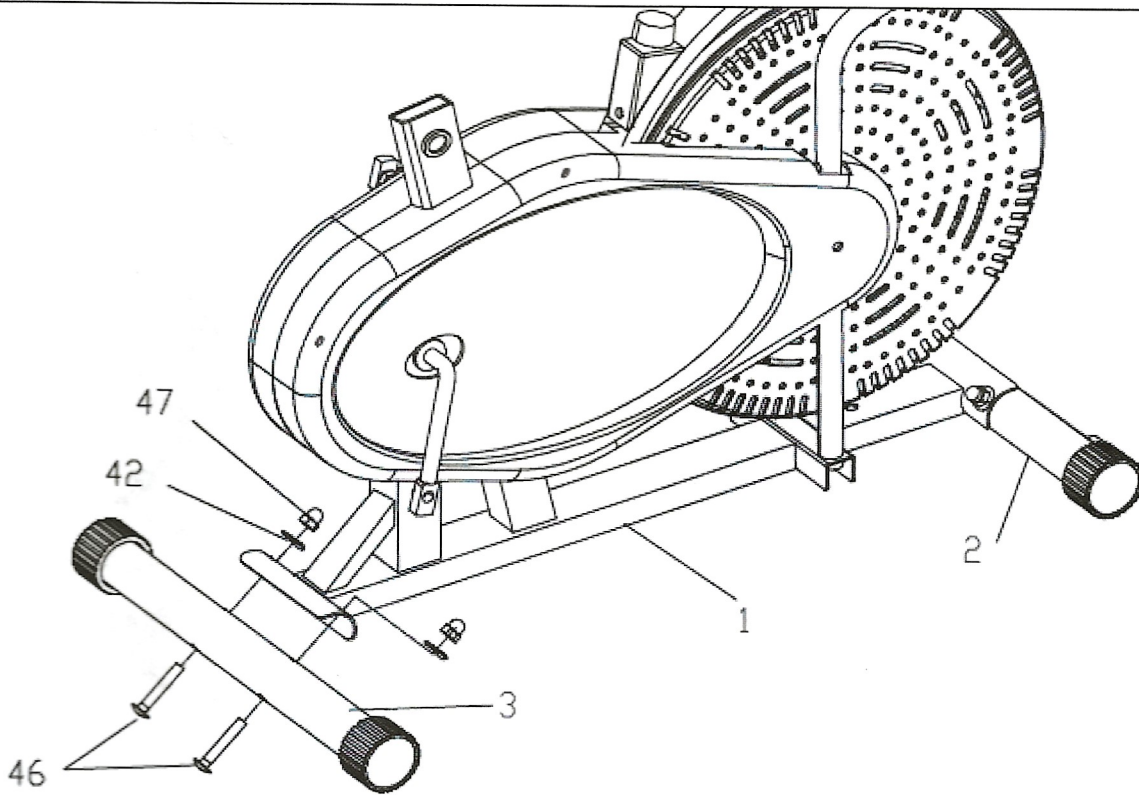
No.	Description	QTY	NO.	Description	QTY
1	Main frame	1	39	Chain cover screw ST4.2X40	3
2	Front stabilizer	1	40	Screw ST4.8x20	1
3	Rear stabilizer	1	41	Flat washer D8x3xΦ38	2
4L/R	Coupler bar	2	42	Arc washer Φ10×1.5×Φ25×R28	4
5	Square cap	2	43	Hexagon bolt M8x20	2
6L/R	Pedal tube	2	44	Hexagon bolt M10×45	4
7L/R	Handle bar	2	45	Nylon nut M10	6
8L/R	Chain cover	2	46	Carriage bolt M10×57	4
9	Fan wheel	1	47	Acorn nut M10	4
10	Square cap	2	48L/R	Nylon nut B0.5×20	2
11L/R	Pedal	2	49	Chain cover screw ST4.8X30	4
12	Handle bar shaft	1	50	Computer	1
13	End cap	4	51	Spring washer Φ13×B2	2
14	Foam grip	4	52	Spring washer Φ10.5×3×Φ18	2
15	End cap Φ25×2	10	53	Gear	1
16	Plastic bushing	4	54	Chain wheel	1
17	Knob bolt	4	55	Washer	1
18	Transport wheel	2	56	D shape washer Φ28×Φ16.2×14×B5	2
19	Alloy bushingΦ24×16×Φ16.1	10	57	Bolt M10×18	2
20	Alloy bushingΦ14×10×Φ10.1	4	58	Pulse sensor wire	2
21	Brass bushing	2	59	Hexagon bolt M6×45	2
22	Fan wheel axle	1	60	Nylon nut M6	2
23	Nut M10×1×B5	4	61	Hexagon bolt M10×55	2
24	Adjusting bolt M6×36	2	62L/R	Pedal hinge bolt Φ16×89×L23×B0.5×20	2
25	Nut M10×1	2	63	End cap Φ32×1.5	2
26	Sensor	1	64	Screw M4X12	2
27	Crank	1	65	Saddle	1
28	Connecting tube	2	66	Flat washer D8	3
29	Washer	1	67	Nylon nut M8	3
30L	Collar housing L	1	68	Saddle post	1
30R	Collar housing R	1	69	Decorative sleeve	1
31	Collar ball	2	70	Tri-knob	1
32	Collar housing	2	71	Cap S13	4
33	Nut	1	72	Computer post	1
34	Chain	1	73	Flat washer D5	2
35	Tension belt	1	74	Cap S16	4
36	Tension control	1	75	Cap S18	2
37	Upper computer wire	1	76	Washer	1
38	Chain cover screwST4.2X20	2			

ASSEMBLY INSTRUCTION

Step 1: Install the Stabilizers.

Attach the Stabilizers (2&3) onto the Main frame (1), secure with the Carriage bolts (46), Arc washers (42), and Acorn nuts (47).

Notice that the Front stabilizer (2) has wheels for moving your Elliptical bike.

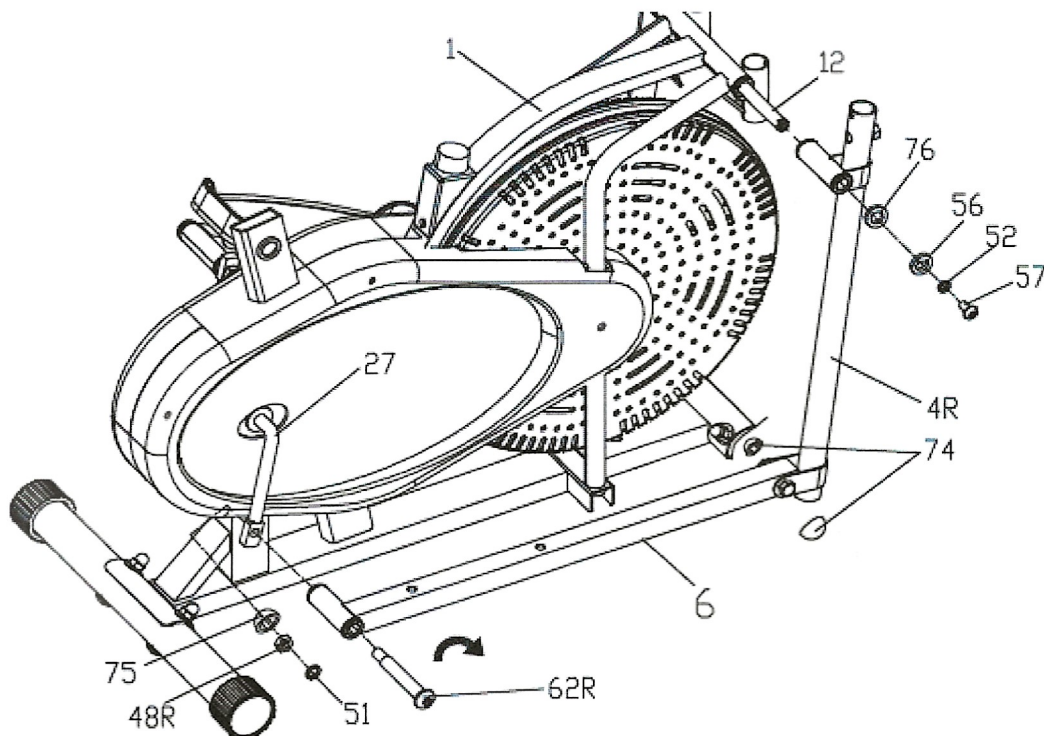


Step 2: Install the Coupler bars & Pedal arms.

A: Remove Washer(76),D shape washer (56), Spring washer (52) and Bolts (57) from the Handle bar shaft (12) on one side, mount one Coupler bar (4Ror4L) to the Main section, then attach the other side Coupler bar (4Ror4L), and reinstall the D shape washer (56), Spring washer (52) and Bolts (57.) as shown.

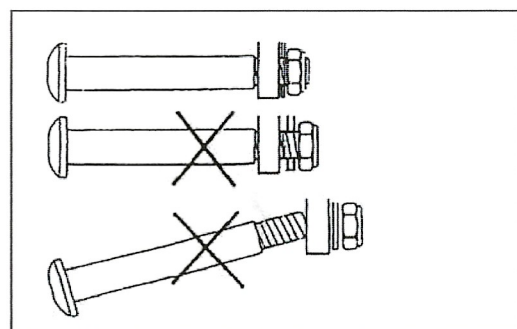
B: Fit the Pedal tubes (6) to the Crank (27), secure with the Pedal hinge bolts (62R/L), Spring washers (51) and Nylon nuts (48). And cover with caps (75)

Note: Both Pedals hinge bolts are labeled L FOR LEFT and R FOR RIGHT. To tighten turn the left bolt ANTI-CLOCKWISE and the right bolt CLOCKWISE. Move the Crank to a proper angle for easily tightening the Bolts. Ensure nut is done up tight to the rear of the crank.



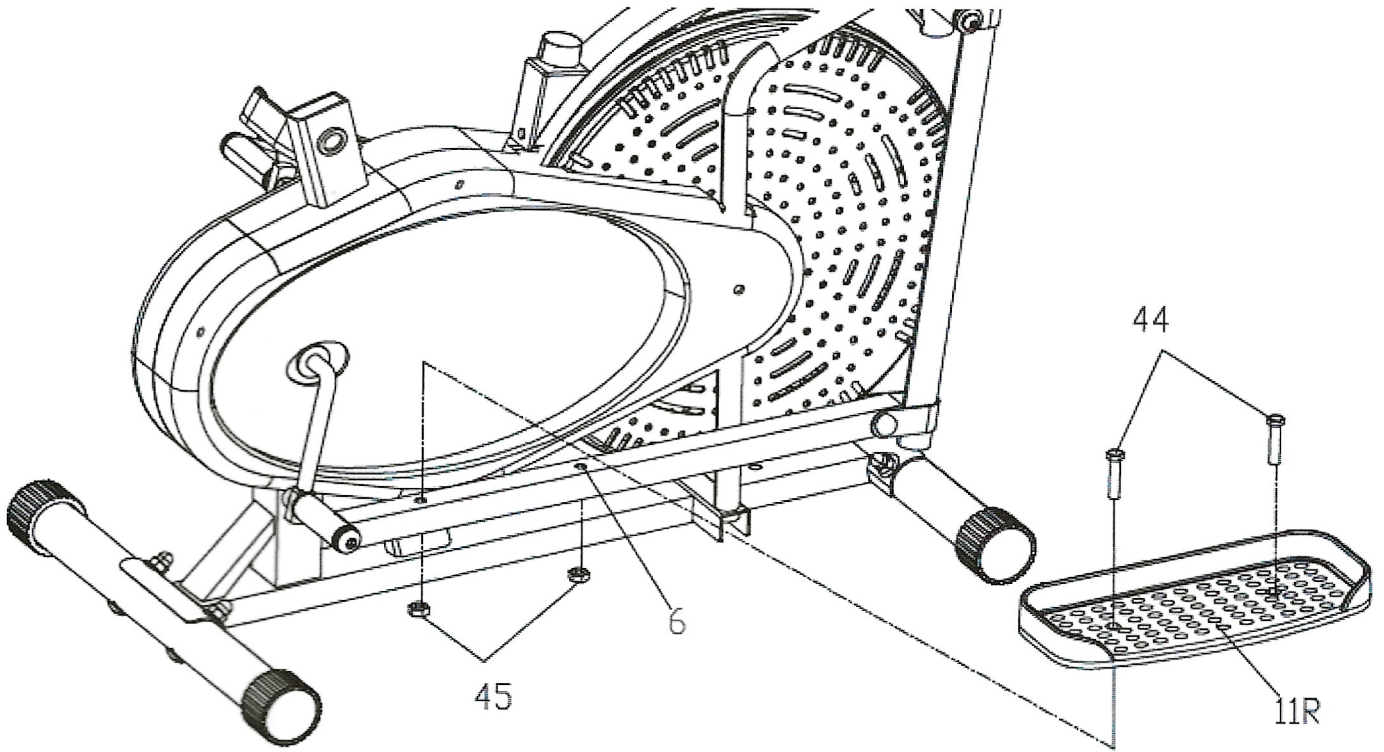
Important

While you assemble this step, hold the "62R/L" part like the drawing. The one with X mark is incorrect. The "62R/L" part must be horizontal, or it can't be put into the crankshaft.



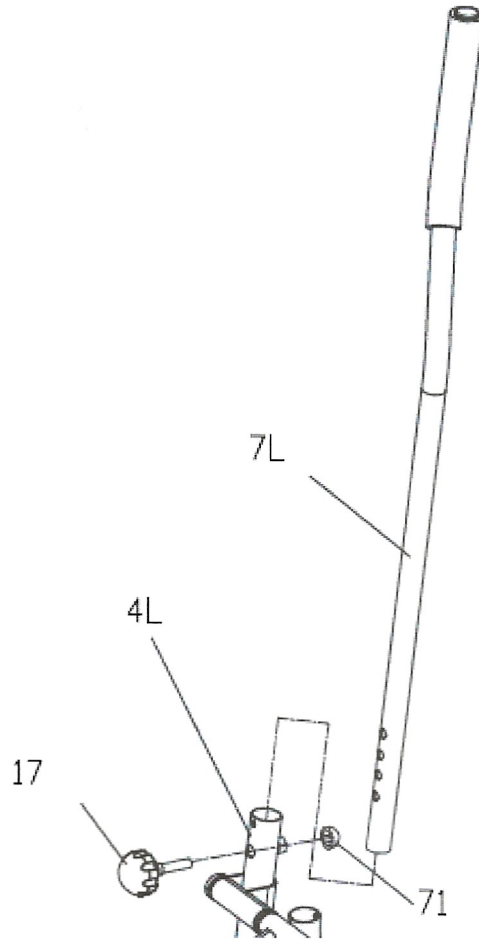
Step 3: Install the Pedals.

Attach the Pedals (11) to the Pedal tubes(6) respectively, secure in place with the Hexagon bolts (44) and Nylon nuts (45).



Step 4: Install the Handle bars.

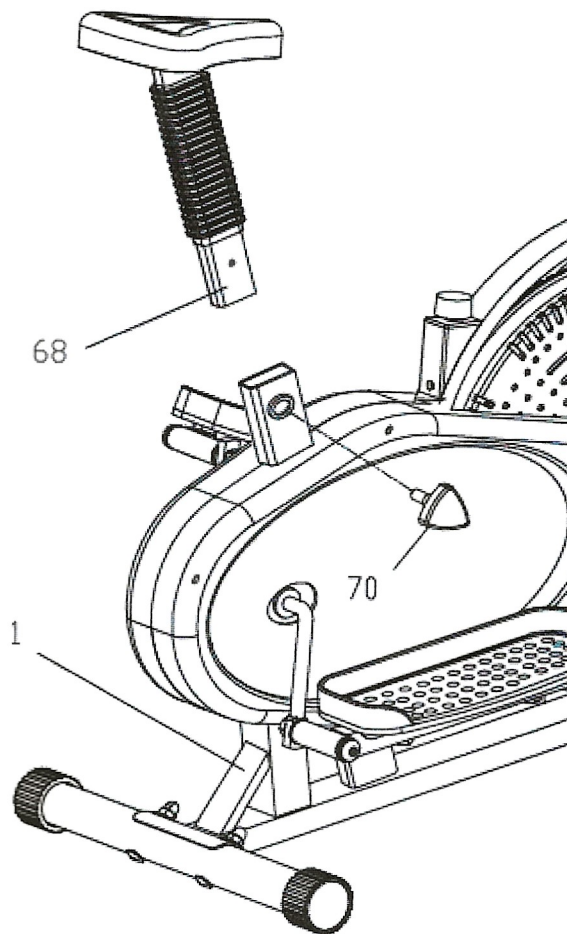
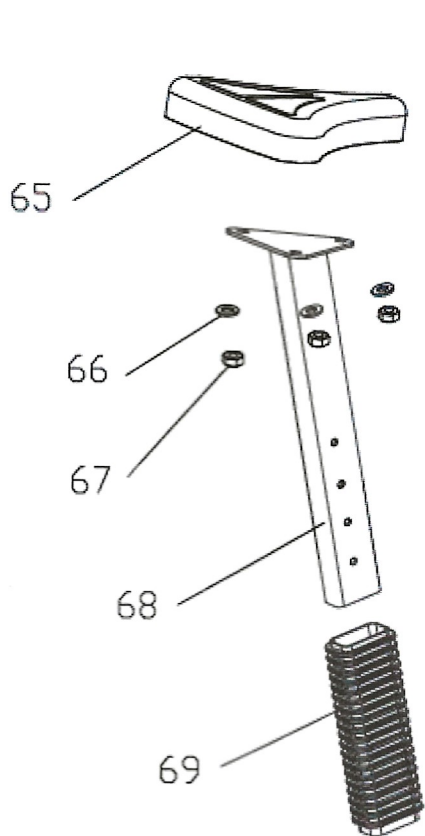
Insert the Handle bars (7L&7R) to the Coupler bars (4R/L) accordingly, select a comfortable height for exercise, and make sure both Handle bars are at a same level. Lock in place with Knob bolts(17).And cover with the cap(71)



Step 5: Install the Saddle and Saddle post.

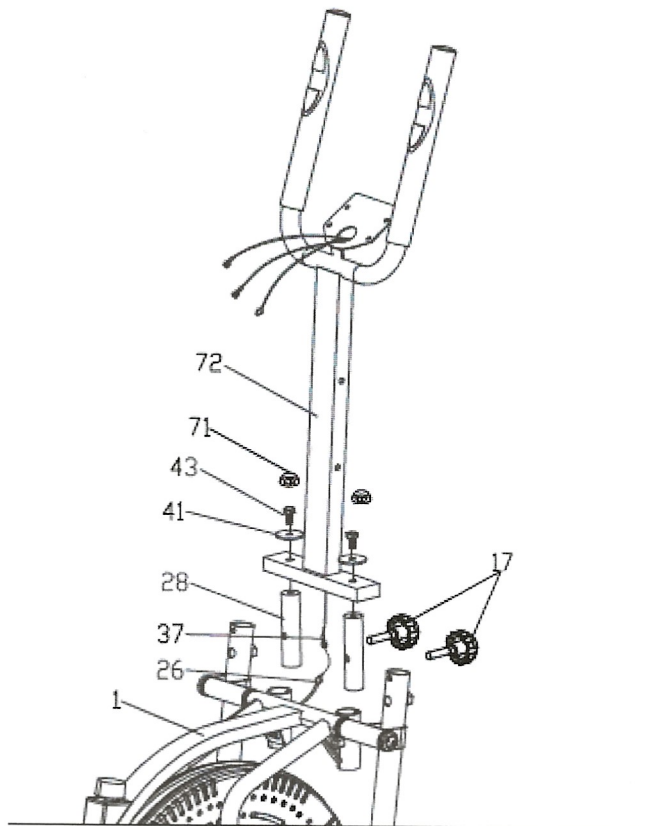
Place the Saddle (65) over the Saddle post (68), secure in place with the Flat washers (66) and Nylon nuts (67).

Slide the Decorative Sleeve (69) onto the Saddle post, then insert the Saddle post into the Main section; adjust to a proper position, secure in place with the Tri-knob (70).



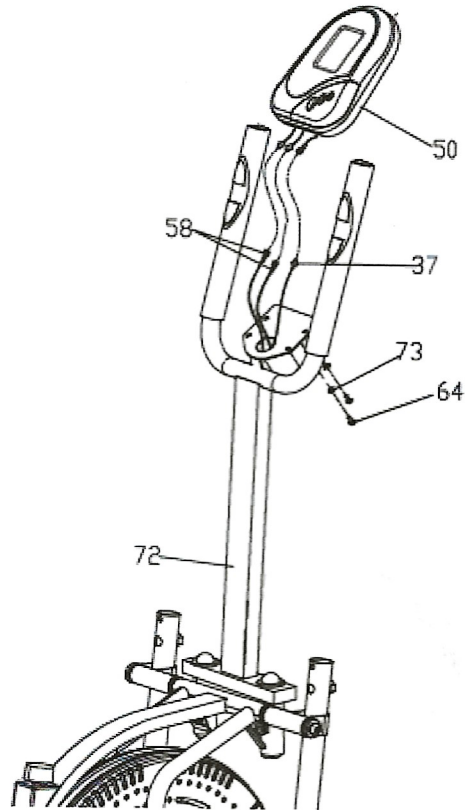
Step 6: Install the Computer post.

Connect the Wires (26 & 27), Then insert the Connecting tubes (28) to the Main section, secure in place with Knob bolts(17). Fix the Computer post (72) onto the Connecting tubes (28), secure with Flat washers (41) and Hexagon bolts (43). Cover the Bolts with Caps (71). Check and re-fasten the Knob bolts (17).



Step 7: Install the Computer

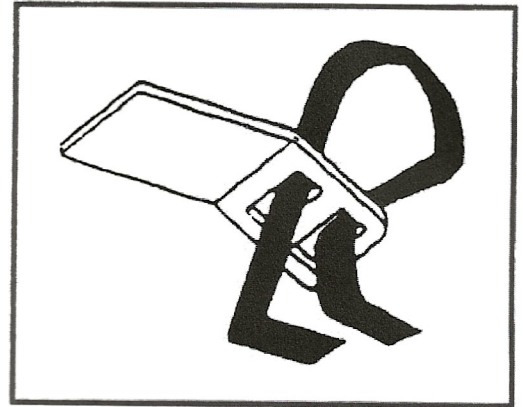
Connect the Wires (58 & 37) to the Computer (50) respectively; secure the Computer onto the Bracket with the Flat washers (73) and Screw (64).



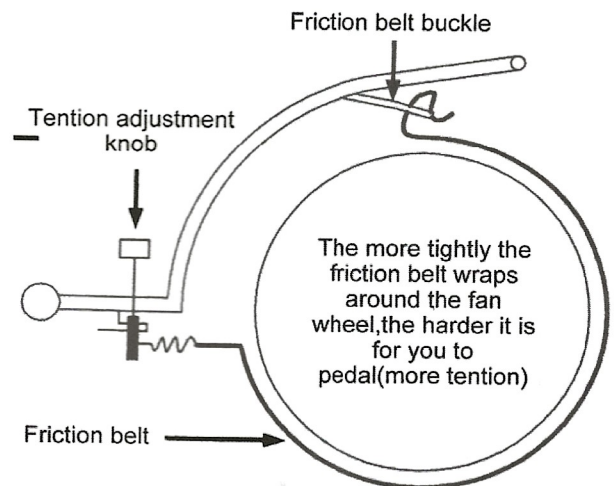
TENSION ADJUSTMENT

Now we have finished assembling this equipment. As you try it at the first time, you should adjust the tension to a desirable level before your exercise.

For tension adjustment, simply use the tension adjustment knob to adjust the intensity of workout when you exercise. The power of the equipment increases with increasing the speed, and the reverse. The equipment is equipped with tension adjustment knob, which can adjust the resistance. Reduce the resistance by turning the tension adjustment knob for the resistance setting towards stage “-“. Increase the resistance by turning the adjusting knob for the resistance setting towards stage “+“.



You can loosen or tighten the friction belt for greater tension adjustment. First, turn the tension adjustment knob all the way to the loosest setting. Then re-strap the friction belt at the buckle in the main frame which is just beneath the flat beam at the top centre. The more length you allow for the friction belt to wrap around the fan wheel, the less friction it will cause. Re-adjust the tension knob after you finished re-strapping.



EXERCISE COMPUTER WITH PULSE INSTRUCTION MANUAL



JS-177

FUNCTIONAL BUTTONS:

MODE- Press to select functions.

SET - To set the values of time, distance and calories when not in scan mode.

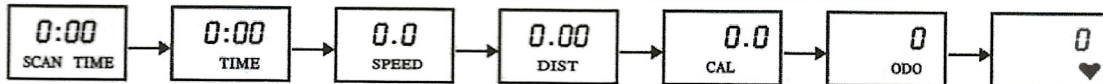
RESET - Press to reset time, distance and calories.

FUNCTION AND OPERATIONS:

1. **SCAN:** Press "MODE" button until "SCAN" appears, monitor will rotate through all the 5 functions: Time, speed, distance, calorie and total distance. Each display will be hold 4 seconds.
2. **TIME:** (1) Count the total time from exercise start to end.
(2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "set" is zero, the computer will alarm 15 seconds.
3. **SPEED:** Display current speed.
4. **DIST:** (1) Count the distance from exercise start to end.
(2) Press "MODE" button until "DIST" (DIS.) appears. Press "SET" button to set exercise distance. When the "set" is zero, the computer will alarm 15 seconds.
5. **CALORIES (CAL):** (1) Count the total calories from exercise start to end.
(2) Press "MODE" button until "CAL" appears. Press "SET" button to set exercise calories. When the "set" is zero, the computer will alarm 15 seconds.
6. **TOTAL DIST(ODO):** Count the total distance after installing the batteries.
7. **PULSE RATE (♥) :**
Press MODE button until "♥" appears. Before measuring your pulse rate, please place both your palms on the contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.
Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. To ensure testing veracity, it is suggested to test pulse during stop/pause exercise to avoid the influence caused by palms actions. The measurement value can not be regarded as the basis of medical treatment.
8. **ALARM:** The computer will "Beep" when press "MODE", "SET" and "RESET" buttons.
9. **AUTO ON/OFF & AUTO START/STOP**
Without any signal for 8 minutes, the power will turn off automatically. As long as the wheel is in motion or press any button, the monitor is in action.

SPECIFICATIONS:

FUNCTION	Auto Scan	Every 4 seconds
	Time	00:00 - 99M59S
	Current Speed	The maximum pickup signal is 99.9 KM/H/99.9 Mile/H (or.1 500RPM)
	Distance	0.00~99.99Kms Or Miles
	Calories	0.0~999.9~9999Kcal
	Total Distance	0~9999Kms or Miles
	Pulse Rate	40~240BPM
Battery Type		2 pcs of size-AA or UM3
Operating Temperature		0°C~+40°C (32°F~104°F)
Storage Temperature		-10°C~+60°C (14°F~140°F)



FOR SUPPORT PLEASE EMAIL:

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